

NBRC Gym Schedule

December



NBRC will close at 1:30 on Saturday December 24th and will be closed all day Sunday December 25th

Color Colo		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-30am 1	6:00am							
7.00am 7	6:30am					1 -		
Stock Continue	7:00am	0.00-7.30	0.00-7.30	0.00-7.30	0.00-7.50	0.00-7.50	Open Gym	
Signorm Pickleball Signorm Pickleball Signorm Pickleball Signorm Pickleball Signorm Pickleball Signorm Signorm Pickleball Signorm Pickleball Signorm Pickleball Signorm Pickleball Signorm Signorm Pickleball Signorm Signorm Pickleball Signorm Pic	7:30am		Drop-in MRT 7:45-	Drop-in Fit For		Drop-in Fit For	6:30-8:30	Open Gym
9:00am Pickleball 8:30-10:30 8:30-10:30 8:30-10:30 8:30-10:30 10:00am 10:30 11:30	8:00am	Life 7:30-8:30	8:45	Life 7:30-8:30	7:45-8:45	Life 7:30-8:30		
9:30am Pickleball 9:30am Pickleball 8:30-10:30 0:30am Drop-in Fit For Ufe 10:30-11:30 11:30am 12:200pm Basketball 11:30-1:30 12:30pm 1:30-2:30 Drop-in Sasketball 1:00-2:30 2:30pm 3:30pm Basketball 2:30-5:00 4:30pm Set-up Open Gym S:30-6:15 6:00pm Fisher Signature	8:30am	Dron in		Dron in		Dron in		
9:30am 8:30-10:30 10:00am 10:00am 10:30am 10:30am 10:30am 11:30am 11:30am 11:30am 11:30am 11:30am 12:00pm 8:30-1:00 11:30am 11:30-1:30 11:30am 11:30-1:30 11:30am 11:30-1:30 11:30am 11:30-1:30 1	9:00am			_		_	8:30-9:30	Drop-in
10:30am 10:3	9:30am							
11:00am 10:30-11:30 11:30am 12:00pm Drop-in Adult Basketball 11:30-1:30 11:30-1:			Open Gym		Onen Gym			
11:00am 10:30-11:30 11:30am 12:00pm 2:30pm 1:30-1:30 11:	10:30am				-		Tennis	8:30-12:30
12:00pm 12:0		10:30-11:30		Life 10:30-11:30	0.00 1.00	Life 10:30-11:30	9:45-12:15	
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1:30-2:30	1:00pm		Drop-in Senior		Drop-in Senior			
2:30pm 3:30pm All Ages 3:30pm Basketball 2:30-5:00 2:45-5:00 Tennis 3:15 5:15 Basketball 2:30-5:00 4:30pm Set-up Si30-6:15 Si30-6:30 Takedown Open Gym Set-up Open Gym Si30pm Takedown Open Gym Si30pm Fisher Fis	1:30pm	Open Gym				Open Gym		
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3:30pm Basketball Tennis 2:45-5:00 Tennis 3:15 2:30-5:00 2:30-5:00 12:15-7:00 12:00-8:00	2:30pm			1:30-5:15				
Set-up Open Gym Set-up	3:00pm	All Ages			All Ages	All Ages		
4:30pm	3:30pm	Basketball			Basketball	Basketball		Open Gym
4:30pm Set-up Open Gym Set-up Open Gym 5:30pm H.I.I.T. 5:30-6:15 Barbell Circuit 5:30-6:15 5:30-6:15 5:30-6:30 6:00pm Takedown Open Gym 5:00-7:30 7:00pm Kickball 6:30-9:30 Open Gym 6:30-9:30 Open Gym 8:00pm 9:30 Open Gym Open Gym 9:00pm Open Gym Open Gym	4:00pm	2:30-5:00	2:45-5:00		2:30-5:00	2:30-5:00	12.15-7.00	12:00-8:00
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